SOUTH SHORE FITNESS
FIT BODY BOOT CAMP
FitBody FOREVER

21-Day Real Food Real Quick Program, Week 1

Created by South Shore Fit Body

21-Day Real Food Real Quick Program, Week 1

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Pumpkin Pie Baked Oatmeal	Pumpkin Pie Baked Oatmeal	Pumpkin Pie Baked Oatmeal	Pumpkin Pie Protein Smoothie	Pumpkin Pie Protein Smoothie	Turkey Apple Breakfast Hash	Turkey Apple Breakfast Hash
Snack 1	Cranberry Protein Cookies	Cranberry Protein Cookies	Cashews & Clementines	Cranberry Protein Cookies	Cashews & Clementines	Cranberry Protein Cookies	Cashews & Clementines
Lunch	Slow Cooker Black Bean Soup	Slow Cooker Black Bean Soup	Marinated Veggie Salad	Mushroom Garlic Quinoa	Slow Cooker Black Bean Soup	Roasted Sweet Potato & Brussels Sprouts Salad	Pumpkin Mac n' Cheese
			Mushroom Garlic Quinoa	Hummus Roasted Broccoli & Cauliflower			Oven-Roasted Kale
Snack 2	Celery & Hummus	Apple with Almond Butter	Apple with Almond Butter	Celery & Hummus	Celery & Hummus	Banana with Almond Butter	Banana with Almond Butter
Dinner	Roasted Chicken	Roasted Chicken	Roasted Chicken	Roasted Chicken	Roasted Sweet Potato & Brussels Sprouts Salad	Pumpkin Mac n' Cheese	Spicy Sweet Potato, Turkey & Kale Bowl
	Marinated Veggie Salad	Mushroom Garlic Quinoa	Hummus Roasted Broccoli & Cauliflower	Oven-Roasted Kale		Oven-Roasted Kale	

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7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	1561	**Calories**	1628	**Calories**	1759	**Calories**	1551	**Calories**	1369	**Calories**	1736	**Calories**	1757
Fat	60g	**Fat**	63g	**Fat**	75g	**Fat**	65g	**Fat**	49g	**Fat**	72g	**Fat**	75g
Carbs	169g	**Carbs**	183g	**Carbs**	197g	**Carbs**	147g	**Carbs**	182g	**Carbs**	214g	**Carbs**	203g
Fiber	47g	Fiber	42g	Fiber	43g	Fiber	39g	Fiber	51g	Fiber	49g	Fiber	39g
Sugar	41g	Sugar	52g	Sugar	67g	Sugar	32g	Sugar	52g	Sugar	51g	Sugar	54g
Protein	97g	**Protein**	94g	**Protein**	96g	**Protein**	106g	**Protein**	69g	**Protein**	75g	**Protein**	82g
Cholesterol	198mg	Cholesterol	198mg	Cholesterol	198mg	Cholesterol	140mg	Cholesterol	4mg	Cholesterol	84mg	Cholesterol	168mg
Sodium	1788mg	Sodium	1131mg	Sodium	1755mg	Sodium	2140mg	Sodium	787mg	Sodium	1049mg	Sodium	1427mg
Vitamin A	19676IU	Vitamin A	16042IU	Vitamin A	17200IU	Vitamin A	47447IU	Vitamin A	38228IU	Vitamin A	59285IU	Vitamin A	66692IU
Vitamin C	165mg	Vitamin C	35mg	Vitamin C	354mg	Vitamin C	188mg	Vitamin C	206mg	Vitamin C	205mg	Vitamin C	203mg
Calcium	602mg	Calcium	628mg	Calcium	610mg	Calcium	1285mg	Calcium	1045mg	Calcium	1027mg	Calcium	969mg
Iron	20mg	Iron	17mg	Iron	19mg	Iron	21mg	Iron	20mg	Iron	22mg	Iron	19mg

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63 items

Fruits

- [ ] **6** Apple
- [ ] **9** Banana
- [ ] **12** Clementines
- [ ] **4** Lime

Breakfast

- [ ] **2 cups** Almond Butter
- [ ] **2/3 cup** Maple Syrup

Seeds, Nuts & Spices

- [ ] **1 1/2 tsps** Black Pepper
- [ ] **1 1/2 cups** Cashews
- [ ] **2 1/4 tsps** Cayenne Pepper
- [ ] **1 tbsp** Chili Powder
- [ ] **1 1/2 tsps** Cinnamon
- [ ] **2 tbsps** Cumin
- [ ] **1 tsp** Garlic Powder
- [ ] **1/4 cup** Ground Flax Seed
- [ ] **1 3/4 tbsps** Paprika
- [ ] **1/4 cup** Poultry Seasoning
- [ ] **1/4 cup** Pumpkin Seeds
- [ ] **1 1/2 tbsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper

Vegetables

- [ ] **8 cups** Baby Spinach
- [ ] **5 cups** Broccoli
- [ ] **6 cups** Brussels Sprouts
- [ ] **2 cups** Butternut Squash
- [ ] **2** Carrot
- [ ] **1 head** Cauliflower
- [ ] **16 stalks** Celery
- [ ] **1 cup** Cherry Tomatoes
- [ ] **1/2** Cucumber
- [ ] **17** Garlic
- [ ] **32 cups** Kale Leaves
- [ ] **1 cup** Matchstick Carrots
- [ ] **4 cups** Mushrooms
- [ ] **1 1/4 cups** Red Onion
- [ ] **4** Sweet Potato
- [ ] **1** White Onion
- [ ] **1** Yellow Bell Pepper
- [ ] **2** Yellow Onion

Boxed & Canned

- [ ] **12 cups** Black Beans
- [ ] **2 cups** Brown Rice Macaroni
- [ ] **6 cups** Diced Tomatoes
- [ ] **4 cups** Lentils
- [ ] **1 1/2 cups** Quinoa

Baking

- [ ] **1 tbsp** Arrowroot Powder
- [ ] **3/4 tsp** Baking Powder
- [ ] **1/4 cup** Dried Unsweetened Cranberries
- [ ] **1/3 cup** Nutritional Yeast
- [ ] **3 1/2 cups** Oats
- [ ] **1 2/3 tbsps** Pumpkin Pie Spice
- [ ] **5 cups** Pureed Pumpkin
- [ ] **1 tbsp** Vanilla Extract

Bread, Fish, Meat & Cheese

- [ ] **2 lbs** Extra Lean Ground Turkey
- [ ] **2 1/2 cups** Hummus
- [ ] **8 lbs** Whole Roasting Chicken

Condiments & Oils

- [ ] **1/4 cup** Apple Cider Vinegar
- [ ] **1 tbsp** Avocado Oil
- [ ] **1 tbsp** Coconut Oil
- [ ] **1 1/2 tsps** Dijon Mustard
- [ ] **3/4 cup** Extra Virgin Olive Oil
- [ ] **1/4 cup** Tahini

Cold

- [ ] **2** Egg
- [ ] **6 cups** Unsweetened Almond Milk

Other

- [ ] **1 1/4 cups** Vanilla Protein Powder
- [ ] **7 cups** Water

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Pumpkin Pie Baked Oatmeal

11 ingredients · 45 minutes · 6 servings

Directions

1. Preheat oven to 375F. Grease a baking dish with a little coconut oil. (Use a 9 x 13 inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage
Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free
Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

Ingredients

2 cups Pureed Pumpkin

2 Egg

1/2 cup Maple Syrup

1 tbsp Pumpkin Pie Spice

1 tsp Vanilla Extract

3/4 tsp Baking Powder

1/2 tsp Sea Salt

1 cup Unsweetened Almond Milk

2 1/2 cups Oats (rolled or quick)

1/4 cup Ground Flax Seed

1/4 cup Pumpkin Seeds

Nutrition

Calories	307	Cholesterol	62mg
Fat	8g	Sodium	318mg
Carbs	51g	Vitamin A	12885IU
Fiber	8g	Vitamin C	4mg
Sugar	19g	Calcium	200mg
Protein	10g	Iron	4mg

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Pumpkin Pie Protein Smoothie

6 ingredients · 10 minutes · 2 servings

Directions

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Notes

No Pumpkin Pie Spice
Use cinnamon instead.

Toppings
Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up
To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

Ingredients

2 cups Unsweetened Almond Milk

1 cup Pureed Pumpkin

2 Banana (frozen)

1 tsp Vanilla Extract

1 tsp Pumpkin Pie Spice

1/2 cup Vanilla Protein Powder

Nutrition

Calories	270	Cholesterol	4mg
Fat	4g	Sodium	206mg
Carbs	40g	Vitamin A	19642IU
Fiber	9g	Vitamin C	16mg
Sugar	19g	Calcium	609mg
Protein	23g	Iron	3mg

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Turkey Apple Breakfast Hash

10 ingredients · 35 minutes · 4 servings

Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians
Use lentils instead of ground turkey.

Leftovers
Store covered in the fridge up to 3 days.

Ingredients

1 lb Extra Lean Ground Turkey

1 tsp Cinnamon

2 tbsps Poultry Seasoning

1 tbsp Avocado Oil

1 cup Red Onion (diced)

2 Garlic (cloves, minced)

2 cups Brussels Sprouts (trimmed and halved)

2 cups Butternut Squash (peeled and cubed)

2 Apple (cored and diced)

1/4 tsp Sea Salt (to taste)

Nutrition

Calories	326	Cholesterol	84mg
Fat	14g	Sodium	243mg
Carbs	31g	Vitamin A	7966IU
Fiber	7g	Vitamin C	60mg
Sugar	14g	Calcium	122mg
Protein	24g	Iron	3mg

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Cranberry Protein Cookies

6 ingredients · 20 minutes · 8 servings

Directions

1. Preheat oven to 350. Mash bananas in a bowl with a fork. Add protein powder and mix well.
2. Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Ingredients

1 Banana (mashed)

1/4 cup Vanilla Protein Powder

1 cup Oats

1 cup Almond Butter

1/2 tsp Cinnamon

1/4 cup Dried Unsweetened Cranberries

Nutrition

Calories	266	Cholesterol	0mg
Fat	18g	Sodium	8mg
Carbs	19g	Vitamin A	10IU
Fiber	5g	Vitamin C	1mg
Sugar	6g	Calcium	130mg
Protein	10g	Iron	2mg

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Cashews & Clementines

2 ingredients · 5 minutes · 6 servings

Directions

1. Divide into bowls and enjoy!

Ingredients

1 1/2 cups Cashews

12 Clementines

Nutrition

Calories	267	Cholesterol	0mg
Fat	16g	Sodium	8mg
Carbs	29g	Vitamin A	0IU
Fiber	4g	Vitamin C	72mg
Sugar	15g	Calcium	60mg
Protein	7g	Iron	2mg

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Slow Cooker Black Bean Soup

11 ingredients · 4 hours · 12 servings

Directions

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Toppings
Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top
If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

Ingredients

1/4 cup Extra Virgin Olive Oil

2 Yellow Onion (finely diced)

4 stalks Celery (diced)

2 Carrot (large, chopped)

12 Garlic (cloves, minced)

2 tbsps Cumin

1 tsp Cayenne Pepper

12 cups Black Beans (cooked, drained and rinsed)

6 cups Diced Tomatoes

4 cups Water

4 Lime (juiced)

Nutrition

Calories	318	Cholesterol	0mg
Fat	6g	Sodium	46mg
Carbs	51g	Vitamin A	2352IU
Fiber	17g	Vitamin C	21mg
Sugar	6g	Calcium	108mg
Protein	17g	Iron	5mg

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Celery & Hummus

3 ingredients · 5 minutes · 6 servings

Directions

1. Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Notes

Make it Yourself
Check out our Green Pea Hummus or Sweet Potato Hummus recipes.

Ingredients

12 stalks Celery (cut into sticks)

1 1/2 cups Hummus

1 1/2 tsps Paprika (optional)

Nutrition

Calories	159	Cholesterol	0mg
Fat	11g	Sodium	327mg
Carbs	12g	Vitamin A	658IU
Fiber	5g	Vitamin C	2mg
Sugar	2g	Calcium	62mg
Protein	5g	Iron	2mg

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Apple with Almond Butter

2 ingredients · 5 minutes · 4 servings

Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

Ingredients

4 Apple

1/2 cup Almond Butter

Nutrition

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin A	98IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	120mg
Protein	7g	Iron	1mg

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Banana with Almond Butter

2 ingredients · 2 minutes · 2 servings

Directions

1. Slice banana.
2. Dip in almond butter.
3. Bam.

Ingredients

2 Banana

1/4 cup Almond Butter

Nutrition

Calories	297	Cholesterol	0mg
Fat	18g	Sodium	3mg
Carbs	33g	Vitamin A	76IU
Fiber	6g	Vitamin C	10mg
Sugar	16g	Calcium	115mg
Protein	8g	Iron	1mg

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Roasted Chicken

6 ingredients · 2 hours · 8 servings

Directions

1. Preheat oven to 350 degrees F.
2. Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
3. Bake uncovered for 1.5 to 2 hours, or until internal temperature reaches 180 degrees F.
4. Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

Notes

Roasting Times
If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

Leftovers
Meat can be kept for up to 3 days in a covered container in the fridge.

Zero Waste
Save the chicken carcass to make Immunity Boosting Bone Broth.

Save Time
Buy a pre-roasted chicken.

Ingredients

8 lbs Whole Roasting Chicken

2 tbsps Extra Virgin Olive Oil

2 tsps Sea Salt

1 tsp Black Pepper

2 tbsps Poultry Seasoning

1 1/3 tbsps Paprika

Nutrition

Calories	269	Cholesterol	136mg
Fat	9g	Sodium	748mg
Carbs	2g	Vitamin A	691IU
Fiber	1g	Vitamin C	0mg
Sugar	0g	Calcium	36mg
Protein	43g	Iron	3mg

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Marinated Veggie Salad

12 ingredients · 20 minutes · 4 servings

Directions

1. Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
2. Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

Notes

Mix It Up
Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

No Lentils
Serve with chickpeas, chicken or flaked tuna.

Cheese Lover
Add crumbled feta or goat cheese.

Ingredients

1/4 cup Apple Cider Vinegar

2 tbsps Extra Virgin Olive Oil

1/2 tsp Sea Salt

1/2 tsp Cayenne Pepper

2 cups Broccoli (chopped into small florets)

1/2 Cucumber (diced)

1 cup Matchstick Carrots

1 Yellow Bell Pepper (finely sliced)

1/4 cup Red Onion (finely sliced)

1 cup Cherry Tomatoes (halved)

1 cup Mushrooms (sliced)

2 cups Lentils (cooked, drained and rinsed)

Nutrition

Calories	242	Cholesterol	0mg
Fat	8g	Sodium	341mg
Carbs	34g	Vitamin A	3080IU
Fiber	11g	Vitamin C	137mg
Sugar	8g	Calcium	66mg
Protein	12g	Iron	4mg

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Mushroom Garlic Quinoa

6 ingredients · 20 minutes · 6 servings

Directions

1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
2. While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
3. In a bowl, combine mushrooms with quinoa and season with salt and pepper. Enjoy!

Notes

Serve it With
Our Balsamic Roast Beef, Honey Garlic Chicken Thighs or any soups.

Leftovers
Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tip
Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Ingredients

1 1/2 cups Quinoa (uncooked)

2 2/3 cups Water

2 1/4 tsps Extra Virgin Olive Oil

3 cups Mushrooms (thinly sliced)

3 Garlic (cloves, minced)

Sea Salt & Black Pepper (to taste)

Nutrition

Calories	181	Cholesterol	0mg
Fat	4g	Sodium	7mg
Carbs	29g	Vitamin A	6IU
Fiber	3g	Vitamin C	1mg
Sugar	1g	Calcium	34mg
Protein	7g	Iron	2mg

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Hummus Roasted Broccoli & Cauliflower

4 ingredients · 25 minutes · 4 servings

Directions

1. Preheat oven to 425 degrees F and line a baking pan with parchment paper.
2. In a large mixing bowl, toss broccoli and cauliflower florets with hummus until well coated. Transfer to baking pan and season with salt and pepper.
3. Bake for 25 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

Notes

No Broccoli or Cauliflower
Use zucchini, brussels sprouts, peppers, kale, eggplant, fennel or squash instead.

Ingredients

3 cups Broccoli (chopped into florets)

1 head Cauliflower (chopped into florets)

1 cup Hummus

Sea Salt & Black Pepper (to taste)

Nutrition

Calories	206	Cholesterol	0mg
Fat	12g	Sodium	329mg
Carbs	21g	Vitamin A	440IU
Fiber	8g	Vitamin C	132mg
Sugar	4g	Calcium	94mg
Protein	10g	Iron	3mg

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Oven-Roasted Kale

3 ingredients · 25 minutes · 2 servings

Directions

1. Preheat oven to 375 degrees F. Line a baking pan with foil or parchment paper.
2. In a large bowl, toss kale with olive oil and salt. Add to the baking pan. The kale does not need to be in a single layer.
3. Bake for 15 to 20 minutes, stirring every 5 minutes or until edges are crispy.
4. Remove from oven, plate and enjoy!

Notes

No Kale
Use collard greens instead.

Likes it Spicy
Sprinkle kale with black pepper and/or red pepper flakes after you remove it from the oven.

Ingredients

8 cups Kale Leaves (roughly chopped)

1 tbsp Extra Virgin Olive Oil

1/4 tsp Sea Salt (or more to taste)

Nutrition

Calories	200	Cholesterol	0mg
Fat	7g	Sodium	515mg
Carbs	24g	Vitamin A	26000IU
Fiber	8g	Vitamin C	36mg
Sugar	0g	Calcium	320mg
Protein	8g	Iron	6mg

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Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 4 servings

Directions

1. Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts
Use broccoli instead.

No Lentils
Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Ingredients

2 Sweet Potato (medium. sliced into 1 inch cubes)

4 cups Brussels Sprouts (washed and halved)

1 tbsp Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

1/4 cup Tahini

1 tbsp Maple Syrup

1/4 cup Water (warm)

1/4 tsp Cayenne Pepper (less if you don't like it spicy)

1/8 tsp Sea Salt

2 cups Lentils (cooked, drained and rinsed)

8 cups Baby Spinach (chopped)

Nutrition

Calories	355	Cholesterol	0mg
Fat	12g	Sodium	200mg
Carbs	50g	Vitamin A	15576IU
Fiber	16g	Vitamin C	95mg
Sugar	10g	Calcium	206mg
Protein	17g	Iron	8mg

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Pumpkin Mac n' Cheese

9 ingredients · 20 minutes · 4 servings

Directions

1. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
3. Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
4. Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

Notes

Leftovers
Store in an air-tight container in the fridge for up to 5 days.

Spice Lover
Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

More Protein
Add cooked diced chicken, chickpeas or lentils.

More Vegetables
Add wilted spinach, kale and/or sauteed mushrooms.

Ingredients

2 cups Brown Rice Macaroni (dry)

1 cup Unsweetened Almond Milk

1 tbsp Arrowroot Powder

1 tsp Garlic Powder

1/3 cup Nutritional Yeast

1 1/2 tsps Dijon Mustard

1 cup Pureed Pumpkin

1 tbsp Maple Syrup

Sea Salt & Black Pepper (to taste)

Nutrition

Calories	292	Cholesterol	0mg
Fat	3g	Sodium	80mg
Carbs	57g	Vitamin A	9657IU
Fiber	7g	Vitamin C	3mg
Sugar	5g	Calcium	134mg
Protein	8g	Iron	2mg

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Spicy Sweet Potato, Turkey & Kale Bowl

10 ingredients · 25 minutes · 4 servings

Directions

1. Preheat oven to 425 and line a large baking sheet with parchment paper.
2. Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
4. Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

Notes

Save Time
Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

Vegan & Vegetarian
Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.

Ingredients

2 Sweet Potato (medium)

1 tbsp Extra Virgin Olive Oil

1 tbsp Chili Powder

1/2 tsp Cayenne Pepper (optional)

1 tbsp Coconut Oil

1 White Onion (diced)

1 lb Extra Lean Ground Turkey

1/2 tsp Sea Salt

1/2 tsp Black Pepper (optional)

8 cups Kale Leaves (finely diced)

Nutrition

Calories	375	Cholesterol	84mg
Fat	17g	Sodium	578mg
Carbs	29g	Vitamin A	22993IU
Fiber	7g	Vitamin C	22mg
Sugar	4g	Calcium	218mg
Protein	27g	Iron	5mg

Leon Beeloo
https://www.southshorefitbody.com

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